

# **The Path of the Community Practitioner**

## **A Well-Lived Life of Relationship and Engagement**

### **“Executive Summary”**

A framework of guiding principles, specific goals, areas of practice, divisions of effort and priorities and lifestyle for community practitioners.

“How can people with lifestyles like our own [community practitioners], practice in such a way that leads to well-being and happiness in this life and the future?”

The Path includes:

1. Emphasis on the conditions for having Quality of Life and well-being, directly visible in this life time & for future as the Path.

Including wise financial planning and resource management.

2. Experiencing Satisfaction & Happiness directly visible in this life time & for future as the Path.

3. A Path of warmth and caring lead by the motivations & intentions of Heart

Define: The “higher emotions” starting with Lovingkindness and including compassion, joy, equanimity, generosity and gratefulness.

Explicitly acting for and in relationship with others, not just for ourselves.

Explicitly being fully engaged in Life, leaving nothing left out.

4. A Path that balances effort and focus between methods done in seclusion and those done in relationship and engagement.

Leading to a middle path of mindful balance in all activities of living.